



## CHILDCARE MENU - SPRING/SUMMER, 2024

Substitutions will be made for all dietary restrictions and allergies as needed to provide a meal that is similar to the menu.  
Fresh fruits and vegetables are purchased locally when available. We are a Nut Free, Pork Free, Gelatin Free Facility and Halal Friendly

89 Hartzel Road - Rear of Building  
St. Catharines, ON L2P 1N2  
905-682-0575 905-394-0575  
catering@littleoneslunches.ca

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal with 2% Milk	Waffle Fruit Sauce	Fresh Baked Breakfast Muffin	English Muffin Hard Boiled Egg <i>(sub cheese for Egg Free Centres)</i>	Breakfast Cereal Fruit Bar
LUNCH	Cod Nuggets <i>(sub Chicken Nuggets for Fish Free Centres)</i> Baked Potato Fries Green Beans Fruit Serving	Kafta Kebob Whole Grain Rice Cooked Carrot Slices Fruit Serving	Meatballs and Pasta Garden Salad Fruit Serving	French Toast <i>(Low Sugar Syrup supplied upon request, please advise when more is needed)</i> Turkey Sausage Cucumber Coins Fruit Serving	Tacos <i>(Soft Tortilla Wraps, Seasoned Ground Beef, Taco Toppings: Salsa, Sour Cream, Shredded Lettuce, TexMex Cheese)</i> Kernel Corn Fruit Serving
PM SNACK	Traditional Humus Whole Wheat Triscuits	Goldfish Crackers Unsweetened Applesauce	Fresh Cut Veggies with Veggie Dip Bread Stick	Honey Graham Crackers No Nut Butter	Fresh Fruit Mini Croissants
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Raisin Bread Buttery Margarine <i>(please advise when more is needed)</i>	Buttermilk Pancakes <i>(Low Sugar Syrup supplied upon request, please advise when more is needed)</i>	Whole Wheat Texas Toast Fruit Jam	Cereal with 2% Milk	Fresh Orange Slices Arrowroot Biscuits
LUNCH	Chicken Fingers <i>(Plum Sauce is available upon request, please advise when more is needed)</i> Diced Potatoes Peas Fruit Serving	Beef Ribette on a Bun Corn Fruit Serving	Honey Garlic Chicken Whole Grain Rice Peas and Carrots Fruit Serving	Rotini Pasta with Italian Meatballs Garden Salad Fruit Serving	Make Your Own Sub Sandwich <i>(an assortment of fillings that will vary each week, sliced meat, cheese slice, egg salad, chicken salad, with shredded lettuce)</i> Cucumber Coins Fruit Serving
PM SNACK	Bear Paw Cookies Fresh Fruit	Mexicano Corn Chips Guacamole <i>(sub salsa when requested)</i>	Crunchy Ginger Snap Cookies Fresh Fruit	Cheese and Crackers	Pretzels Yogurt Cup



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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Breakfast Cereal Fruit Bar	Whole Wheat Texas Toast Fruit Jam	Waffle Fruit Sauce	Fresh Baked Breakfast Muffin	English Muffin Hard Boiled Egg <i>(sub cheese for Egg Free Centres)</i>
LUNCH	Chicken Bites <i>(Breaded Chicken Breast Chunks)</i> Whole Grain Rice Peas and Carrots Fruit Serving	Meatballs and Pasta Garden Salad Fruit Serving	Chicken Burger Cooked Carrot Slices Fruit Serving	French Toast <i>(Low Sugar Syrup supplied upon request, please advise when more is needed)</i> Turkey Sausage Cucumber Coins Fruit Serving	Sliced Turkey or Chicken Tricolor Fusilli Pasta Salad Bread Selection Fruit Serving
PM SNACK	Honey Graham Crackers No Not Butter	Fresh Fruit Mini Croissants	Veggie Dip with Fresh Cut Veggies Bread Stick	Goldfish Crackers Unsweetened Applesauce	Traditional Plain Humus Whole Wheat Triscuits
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Bagels and Cream Cheese	Cereal with 2% Milk	Raisin Bread Buttery Margarine <i>(Buttery Margarine supplied upon request, please advise when more is needed)</i>	Buttermilk Pancakes with Low Sugar Syrup <i>(Low Sugar Syrup supplied upon request, please advise when more is needed)</i>	Breakfast Cereal Fruit Bar
LUNCH	BBQ Chicken Wraps <i>(Soft Tortilla Wrap, Grilled Chicken drizzled with Barbecue Sauce)</i> Cooked Vegetables Fruit Serving	Rotini Pasta with Italian Meatballs Garden Salad Fruit Serving	Chicken Fingers <i>(Plum Sauce is available upon request, please advise when more is needed)</i> Seasoned Tuscan Potatoes Peas Fruit Serving	Sloppy Joes on a Bun Corn Fruit Serving	Chicken Parmesan on a Bed of Noodles Cucumber Coins Fruit Serving
PM SNACK	Apple Slices Digestive Cookies	Tortilla Corn Chips Salsa	Pretzels Yogurt Dip	Cheese and Crackers	Crunchy Ginger Snap Cookies Fresh Fruit